

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Alfalfas Broadway Store, Rocky Mountain Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about low sodium foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

### Baby & Infant Food

#### Stonyfield Farm

- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Mothers

- Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Droste

- Imported Cocoa

#### Knudsen

- Low Sodium Veggie Juice

## **Beverages (Cont'd)**

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Looza Fruit Juices**

Mango Nectar Juice

### **Martinellis**

Apple Juice

### **Orangina**

Sparkling Citrus Beverage

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Food For Life**

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread

Millet Rice Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

## **Canned Goods (Cont'd)**

### **Eden Foods**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Minerva**

Whole Roasted Chestnuts

### **Ocean Spray**

Jellied Cranberry Sauce

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Organic Pinto Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

100% Pure Pumpkin

Apricot Halves in Pear Juice

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

### **365 Organic Every Day Value™**

Black Beans

## **Cereal**

### **365 Organic Every Day Value™**

Oat & Honey Granola

### **Barbara's Bakery**

Honey Rice Puffins Cereal

## Cereal (Cont'd)

### Bob's Red Mill

Rolled Hot 5 Grain Cereal  
Thick Rolled Oats

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola

## Cheese

### Alta Dena Dairy

Raw Milk Goat Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin

Blue Corn Sesame Chips  
Salted Blue Corn Chips

### Mothers

No Salt Rice Cakes  
Salt & Butter Popped Corn Cakes

### Newman's Own Organics

Pretzel Nuggets

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

## Condiments (Cont'd)

### Westbrae

Dijon Mustard  
Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Kinnikinnick

Montana's Chocolate Chip Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Bisca

Organic Water Crackers

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame  
Brown Rice Snaps, Unsalted Sesame  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Cheddar  
Organic Brown Rice Snaps, Vegetable

## Dairy

### Helios Nutrition

Organic Vanilla Kefir

### Horizon

Chocolate Milk, Single Serve  
Organic Neufchatel Spreadable Cheese  
Organic Raspberry Yogurt

## Dairy (Cont'd)

### Horizon

Organic Strawberry Yogurt  
Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

### Organic Valley

Organic Neufchatel

### Stonyfield Farm

Organic Cream Top French Vanilla Yogurt, 32 oz  
Organic Cream Top Plain Yogurt, 32 oz  
Organic Cream Top Strawberries & Cream Yogurt, 6 oz  
Organic Fat Free Chocolate Underground Yogurt, 6 oz  
Organic Fat Free French Vanilla Yogurt, 6 oz  
Organic Fat Free Plain Yogurt, 32 oz  
Organic Fat Free Plain Yogurt, 6 oz  
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz  
Organic Low Fat Plain Yogurt, 32 oz  
Organic Low Fat Strawberry Yogurt, 32 oz  
Organic Low Fat Vanilla Yogurt  
Organic Low Fat Vanilla, 32 oz  
Organic Raspberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothies, 4 pack  
Organic Wild Berry Yogurt Smoothie, 10 oz  
YoBaby Blueberry/Apple Yogurt  
YoBaby Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt  
YoKids Squeezers Cherry/Berry Blitz  
YoKids Squeezers Screamin' Strawberry  
YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

Blueberry Soy Yogurt  
Peach Soy Yogurt  
Plain Soy Yogurt

## Dairy (Cont'd)

### White Wave

Vanilla Soy Yogurt

### Whole Soy

Soy Yogurt - Strawberry  
Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### Eden Foods

Organic Sesame Garlic Shitake

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries  
Frozen Sliced Peaches

### 365 Organic Every Day Value™

Crinkle Cuts  
Frozen Berry Blend  
Frozen Blackberries  
Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries

## Frozen Foods (Cont'd)

### Ben And Jerrys

Vanilla Ice Cream

### Haagen-Dazs

Mango Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Bionaturae

Organic Peach Fruit Spread

### Cascadian Farm

Organic Grape Fruit Spread

Organic Strawberry Fruit Spread

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Blueberry Preserves

Four Fruit Preserves

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

No Boil Lasagna

### Tinkyada

Brown Rice Spaghetti

## Sauces, Salsas and Dips

### Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

## Soups

### Health Valley

No Salt Chicken Broth

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

Blackstrap Molasses